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More than 100 participating in jogging program

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NEWS

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IMMEDIATELY

MORE THAN
100 PARTICIPATING
IN JOGGING PROGRAM

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7/17/68
local

MISSOULA--

More than 100 Missoulians of both sexes and ranging in age from 4 to 80 are participating in a jogging program launched July 8 at the University of Montana recently.

The program, held Monday, Wednesday and Friday evenings at 8 p.m. on Dornblaser Field on the UM campus, is the result of an effort by several UM faculty members to get people to take an active interest in their health.

Jogging distance is gradually increased as the capability of the individual increases, according to Dr. Brian J. Sharkey, UM assistant professor of health and physical education and one of the program's coordinators.

Along with reduction of requirements for physical activity in our modern society comes an increase in death and disability from cardiovascular diseases, Dr. Sharkey said. Recent evidence suggests that exercise may be the best prescription for cardiovascular health.

The most active men not only have a lower incidence of heart attacks, but their chances of survival are far greater.

Men who rarely engage in sports or physical activity have nearly twice the mortality rate of more active men, according to Dr. Robert B. Curry, director of the UM Students Health Service and another program coordinator. This suggests that a substantial reduction of deaths from cardiovascular disorders might be achieved through an increase in physical activity.

Any interested Missoulians are urged to join the program, Dr. Sharkey said.

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